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# **The Wonderful Process Of Creating Abundance**

An important key to a happy and healthy life is abundance. Many people don't know the true meaning of abundance, however. It's not about simply having material possessions and money but it should also be about having strong, supportive relationships, a healthy body and mind and the ability to do something you love. Abundance comes from living a life in harmony with your own beliefs and personal values.

True abundance is not an accidental occurrence, even if some individuals seem extraordinarily lucky. You may harness the laws of the universe or enter it unconsciously to create abundance; how you do it, is not significant. However, you can attract abundance when you make the required changes.

If you've always dreamed of having a more abundant life, it all begins with being appreciative of what you have. Even if you don't think you have very much, you need to be grateful for it. When you are ungrateful for what you have, it creates a barrier between you and future successes. This can prevent you from getting the blessings and rewards you desire. When you have a thankful heart, you will open the doors for more blessings to come your way.

A great idea to make yourself more aware of the blessings in your life is to write them down. Each evening, you could journal about the things you are thankful for or just list the blessings from that day. Try requiring yourself to write down a minimum of a specific number of blessings before you can quit for the evening, each and every day. Doing this at bedtime helps you direct your focus on these positive things, and soon you will find yourself looking for the positives. Even things that don't seem all that important to someone else could be very important to you.

Your emotional state will be one of the most important things in this process. So many people just don't realize what an impact their thoughts and emotions have on their ability to have abundance in their lives. You need to create a positive energy in order to attract more positive things into your life. If you feel fearful, anxious or stressed, you are attracting more things into your life that make you feel that way. Then of course, positive emotions attract more positive things into your life.

There is a tight link between your emotions and your thoughts. To bring abundance to your life, you will have to think positively. Negative thoughts need to be avoided as they cloud your life and block out the positive things that can happen. This is why you will need to watch what you think about and how you speak. Don't allow the negative to have a place in your mind or in your life. These bad habits can be difficult to change at first but it's possible.

Some people find one approach helpful for accomplishing changes in their beliefs and subsequently their thoughts and emotions. Others utilize a combination of methods to get results. Either way, it's worth the time to do what works. Developing new beliefs, thought patterns, and emotions will change your life for the better. You will begin to see new opportunities coming your way to match your new outlook.

There are various tools available to aid you in conquering any unhealthy beliefs as well as harmful emotional and

mental patterns. These include the use of BSFF or Be Set Free Fast, neuro-linguistic programming, affirmations, applied kinesiology, self-hypnosis and hypnosis.

Keep in mind as you approach these changes in your life that it's a process. No one can expect to change these types of beliefs and thinking patterns overnight. It will be a process that you need to work on daily but soon the thankful and optimistic attitude will become a habit for you. Once it does, you will be far better prepared for attracting abundance than a person who is working with their negative emotions.

It will be required to make certain changes in your life if you want to allow this abundance to flow freely for you. But what's equally important is that you are in a position where you can allow these opportunities to work for you. It's important that you are able to take advantage of them when they come your way.

An abundant life is still possible for you no matter what experiences you may have had in the past. No matter how hard you think your life has been, true abundance can be yours. All you need to do is replace the negative thinking with positive thinking and be prepared for the abundance that will come your way.

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